

Date: _____

Day: _____

"A loving heart is the truest wisdom."
- Charles Dickens

Good Habits/Activities to Maintain:

Spiritual: ☐

Physical: ☐

Mental: ☐

Economic: ☐

Emotional: ☐

General: ☐

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

Bad Habit to Overcome:

Did You Resist The Bad Habit?

Self Reflection

Productivity:

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note: